

What is cognitive behavior therapy for psychosis (CBTp)?

Cognitive Behavior Therapy for Psychosis (CBTp) is a collaborative, goal oriented, individual therapy that helps individuals manage their symptoms. It is an evidence-based intervention, shown to be effective in reducing distress and functional deficits associated with psychotic symptoms. CBTp has been developed to target symptoms across the spectrum of psychosis, from individuals identified as being 'at-risk' of developing psychosis to individuals with a longstanding diagnosis.

The aim of CBTp is to help the individual gain a better understanding of the triggers and maintaining factors associated with their symptoms by developing an individualized formulation. This formulation aids treatment planning and the development of goals related to increasing self-management through acquiring new and helpful cognitive and behavioral skills.

Some of the **key principles** of CBTp are:

- Engagement
- Normalizing
- Goal centered
- Time limited

Some of the **techniques used** in CBTp are:

- Making sense of psychosis
- Exploring personal meaning of symptoms
- Developing skills to recognize and reframe cognitive distortions
- Reducing distress over perceptual experiences

What is motivational interviewing (MI)?

Motivational interviewing is a form of collaborative conversation for strengthening a person's own motivation and commitment to change. It is a person-centered counseling style for addressing the common problem of ambivalence about change by paying

particular attention to the stages of change process. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion.